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## VI. Cessation Programs

The youth component of a comprehensive tobacco control program must focus not only on prevention but also cessation. Quitting early has significant individual and public health benefits. Many youth who are regular tobacco users want to quit but find it difficult. Public-health based alternatives are needed when youth are caught breaking school or community rules on tobacco use or purchase. The Youth Tobacco Survey measures students' attitudes towards, beliefs about, and experience with cessation.

### Desire to quit:

High school students who chew betelnut with cigarettes or smokeless tobacco reported that they overwhelmingly want to quit using tobacco and many want to quit using betelnut completely.

**Table 15: Desire to Quit Among Students Who Use Tobacco in Elaus**

Response	Proportion
NO, I don't want to stop adding cigarettes or smokeless tobacco to my betelnut chew	22.1%
YES, I want to stop adding cigarettes or smokeless tobacco to my betelnut chew	22.7%
YES, I want to stop chewing betelnut altogether	55.1%

Among students who smoke cigarettes, **73.9%** say that they want to quit.

**71.2%** of students who chew betelnut with cigarettes or smokeless tobacco answered that they could quit now if they wanted to. Similarly, **77.7%** of those who currently smoke cigarettes believe that they would be able to quit now if they wanted to.

### Efforts to quit:

About **60%** of students who chew betelnut with cigarettes or smokeless tobacco have tried to quit at least once in the past year.

**Table 16: Efforts to Quit Among Students Who Use Tobacco in Elaus**

Number of Efforts in Past 12 Months	Proportion
None	39.5%
1 time	11.8%
2 times	13.5%
3 to 5 times	15.0%
6 to 9 times	3.8%
10 or more times	16.4%

Exactly half (**50.0%**) of students who smoke have tried to quit at least once in their lifetimes.

**Table 17: Efforts to Quit Among Students Who Smoke Cigarettes**

Number of Efforts Ever	Proportion
None	50.0%
1 time	24.1%
2 times	6.8%
3 to 5 times	5.6%
6 to 9 times	0.9%
10 or more times	12.7%

**Interest in cessation programs:**

As the numbers above indicate, stopping tobacco use is difficult, even for youth who are strongly motivated to quit. **75.4%** of high school students said that they would be interested in joining a program to help them quit smoking, quit chewing smokeless tobacco, or quit chewing betelnut with any form of tobacco.

